

Broke Berry

RAISING CHICKENS

THE CHICKEN

THE FARMER

THE PRESIDENT OF THE POULTRY COMPANY

THE FARMWORKER

THE CONSUMER



WHO HAS THE MOST RIGHTS?

- 1 HAVING THE MOST AND 5 HAVING THE LEAST NUMBER
- RANK THE LIST

FOOD INC.

DISCUSSION QUESTIONS

DO YOU CARE?

SHOULD A COMPANY HAVE THE POWER TO DECIDE WHAT INFORMATION TO GIVE CONSUMERS ABOUT THE FOOD IT PRODUCES?

DO YOU AS CONSUMER WANT TO KNOW?

RIGHT, RESPONSIBILITY, OR PRIVILEGE?

- Do you think healthy eating should be a right, a responsibility, or a privilege?
- How do you think the way your grandparents used to eat differs from how you eat today?

KEVIN'S LAW

- Kevin's Law would strengthen the U.S. government's ability to prevent contaminated meat and poultry from entering the food supply by:
 - Requiring the United States Department of Agriculture (USDA) to identify the pathogens that threaten human health (e.g. *Salmonella*, *E. coli* O157:H7, *Listeria monocytogenes*).
 - Requiring the USDA to establish performance standards to reduce the presence of these pathogens in meat and poultry.
 - Confirming that the USDA has the authority to enforce its own standards by shutting down plants that continually breach basic health standards.
 - Courts have held that the USDA does not have this authority in the absence of explicit authorizing legislation.
- LORETTA SANCHEZ, 47th DISTRICT OF CALIFORNIA
12397 Lewis Street, Ste. 101
Garden Grove, CA 92840

10 THINGS YOU CAN DO TO CHANGE THE FOOD SYSTEM

- Stop drinking sodas and other sweetened beverages.
- You can lose 25 lbs in a year by replacing one 20 oz soda a day with a no-calorie beverage (preferably water).
- Eat at home instead of eating out.
- Children consuming alcohol twice (2-5 times) as many calories when eating food prepared outside the home.
- Biting food labeling into the 21st Century.
- Half of the leading chain restaurants provide no nutritional information to their customers.
- Tell schools to stop selling sodas, junk food, and sports drinks.
- Over the last two decades, rates of obesity have tripled in children and adolescents aged 6 to 19 years.
- Meatless Mondays—Go without meat one day a week.
- An estimated 70% of all antibiotics used in the United States are given to farm animals.
- Buy organic or sustainable food with little or no pesticides.
- According to the EPA, over 1 billion pounds of pesticides are used each year in the U.S.
- Make a point to know where your food comes from—**READ LABELS.**
- Farmer's markets allow farmers to keep 80 to 90 cents of each dollar spent by the consumer.
- Protect family farms; visit your local farmer's market.
- The average meal travels 1,500 miles from the farm to your dinner plate.
- Each year, contaminated food causes millions of illnesses and thousands of deaths in the U.S.
- Demand job protections for farm workers and food processors, ensuring fair wages and other protections.
- Tell Congress that food safety is important to you.

Food Inc. Lesson Plan

- I used this plan to coincide with the return of Winter Break (this year Spring Break) and with the chapter on Nutrition for my Culinary II class
- Day one and two-watch the movie Food Inc. a documentary style film that shows the socioeconomics of where our food comes from. Also explores food safety issues, sustainability, seasonality and farming practices
- After we finish the movie I show a clip from Jamie Olivers Food Revolution about "pink slime" <http://www.youtube.com/watch?v=wshlnRWnf30> and this photo of Chicken Nuggets before they become "nuggets"



- Day three and four-We had a class discussion regarding the PowerPoint slides (which exceeded my expectations) and we went over a list of the seasonal produce available and had a cooking lab based on that
- Each student wrote a letter posed to their U.S. Representative